

DINNERLY



Rice-Free Thai Chicken Stir-Fry with Broccoli and Cabbage



20 minutes



2 Servings

With a rainbow of stir-fried veggies, and chicken cooked in delicious Thai spices, who needs rice – especially if you're wanting to cut down on the carbs!

WHAT WE SEND

- 1 onion
- 1 carrot
- 1 head broccoli
- 150g red cabbage
- free-range chicken thigh fillets
- 10g Thai seasoning ¹⁷

WHAT YOU NEED

- 1 garlic clove
- 2 tbs vegetable oil
- 2 tsp white vinegar

TOOLS

- large deep frypan or wok

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 460kcal, Fat 26.8g, Carbs 12.3g, Proteins 36.4g



1. Prep ingredients

Cut the **onion** into thin wedges. Peel the **carrot**, then halve lengthwise and thinly slice on an angle. Thinly slice the **broccoli** stem and cut the head into small florets. Thinly slice the **cabbage**. Crush or finely chop **1 garlic clove**. Thinly slice the **chicken**.



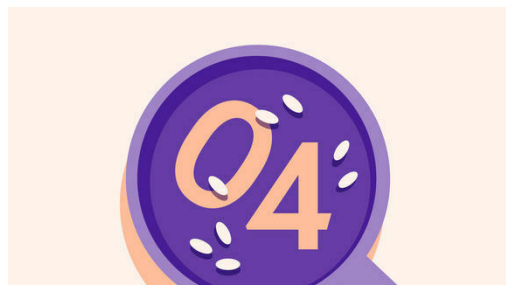
2. Stir-fry chicken

Heat **1 tbs vegetable oil** in a large deep frypan over high heat. Stir-fry the **chicken** for 4 mins or until browned and cooked through. Remove from the pan.



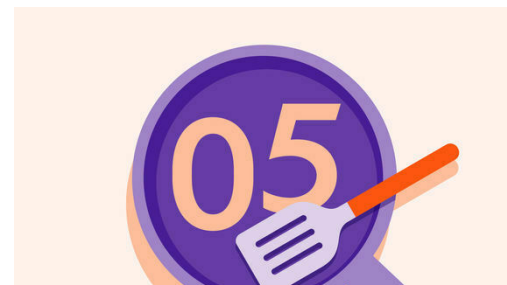
3. Stir-fry veggies

Heat **1 tbs vegetable oil** in the same pan over high heat. Stir-fry the **onion** for 2 mins, then add the **carrot, broccoli stem and florets, garlic** and **1 tbs Thai seasoning** (see Kitchen notes). Stir-fry for 2 mins or until the veggies are slightly softened.



4. Add cabbage

Add the **cabbage** and **60ml (¼ cup) water** to the veggies (see Kitchen notes). Stir-fry for a further 2 mins or until the broccoli and cabbage are tender but still with crunch.



5. Serve up

Return the **chicken** to the pan with **2 tsp white vinegar** and stir to combine. Cook, scraping up any bits stuck to the base of the pan, for 1 min. Divide the **stir-fry** among bowls and enjoy!



6. Kitchen notes

Our Thai seasoning has a chilli kick. Reduce the amount if you prefer less heat. ~ Adding a little water to the hot pan while stir-frying creates steam and ensures your veggies cook without burning, or without the need for more oil.